

# 10 Myths and Facts about Food Stamp Benefits and Working People

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**MYTH: Food stamps are welfare.**

**FACT:** The Food Stamp Program is a nutrition assistance program. It helps low income people buy nutritious foods. It is not welfare.

2

**MYTH: Only unemployed people can get food stamps.**

**FACT:** Most people who work at low wage jobs can get food stamp benefits. Many working people use food stamp benefits to help make ends meet.

3

**MYTH: You can't get food stamps if you get unemployment.**

**FACT:** People who get unemployment may still qualify for food stamp benefits.

4

**MYTH: If you have too many assets, you can't get food stamps.**

**FACT:** Your household may have up to \$2000 in assets. But some assets like your home and car do not count. Getting food stamp benefits also depends on your household size, income and some expenses, like child support and housing and childcare costs.

5

**MYTH: You can't get food stamps if you own a car.**

**FACT:** You can get food stamp benefits, even if you own a car. Your home and car and personal things, like clothes, jewelry, furniture, and household goods also do not count.

6

**MYTH: You can't get food stamps if you have a savings account**

**FACT:** Your household may have up to \$2000 in assets. You can still get food stamp benefits even if you have small savings. If you have a retirement account, checking account, savings account, cash, certificates of deposits, stocks, and bonds, you may still be able to get food stamp benefits.

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**MYTH: Food stamps have to be paid back.**

**FACT:** People who get the right amount of food stamp benefits do not have to pay them back. Make sure the information you give when you apply is correct. If you get food stamp benefits because of false information, then you have to pay them back.

8

**MYTH: Food stamps are not worth applying for since you only get \$10.**

**FACT:** The amount of food stamp benefits depends on household size, income and certain expenses. A mother with two children who works full time at \$7 per hour and pays \$350 in rent could receive \$180 in food stamps benefits per month.

9

**MYTH: Other people will know I use food stamps.**

**FACT:** Shopping with food stamp benefits is easier now. People who get food stamp benefits get an electronic card. You use the benefits by running the card through a machine at the grocery store. Other people will not know you use food stamp benefits.

10

**MYTH: Food stamps are only for families.**

**FACT:** Food stamp benefits are for anyone who applies and qualifies.



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